Yogasana as a Competitive Sport
Yogasana as a Competitive Sport

• Government of India took the decision to promote Yogasana as a competitive sport after extensive consultation with the stakeholders over the last 3-4 years.

• The National Board for Promotion and Development of Yoga and Naturopathy (NDPDYN) of MoA, in its 5th meeting held in July 2019 recommended to recognise Yogasana as a competitive sport.

• Presently, the Ministry of AYUSH (MoA) & The Ministry of Youth Affairs and Sports (MYA&S) are closely working to establish Yogasana as a competitive sport globally.
International Yogasana Sports Federation (IYSF)

• An International Yogasana Sports Federation (IYSF) under the Presidentship of Yogrishi Swami Ramdev Ji with Dr. H. R. Nagendra as Secretary General was established on 08-11-2019.

• The Federation (IYSF) has since been working on the critical steps for establishing Yogasana as a Sports discipline across the world.
The National Yoga Sports Federation (NYSF) was established under the presidency of Dr. I.V. Basavaraddi Director, MDNIY on 21.08.2020.

Ministry of Youth Affairs and Sports, GOI vide letter dated 27.11.2020 has recognised NYSF as a National Sport Federation for the promotion and development of Yogasana as a Competitive Sport.
Automation Scoring System for Yogasana Competitions

• An exhaustive document containing Rules & Regulations and Syllabus of the Yogasana Competitions has been prepared to lay down Yogasana as a competitive sport.

• The Technical Committee has also made a list of Asanas (Compulsory and Optional Asanas) after exhaustive research from the traditional books of Yoga.

• A preliminary study on the marking system (Manual and Automated) in the competitions has been made.

• Work for Automation of scoring system to introduce objectivity in marking has been initiated.
Events for Men and Women
(Sub-Junior, Junior, Senior)

Proposed Events For both Men and women

1. TRADITIONAL YOGASANA
2. ARTISTIC YOGASANA (SINGLE)
3. ARTISTIC YOGASANA (PAIR)
4. RHYTHMIC YOGASANA (PAIR)
5. FREE FLOW/GROUP YOGASANA
6. INDIVIDUAL ALL ROUND – CHAMPIONSHIP
7. TEAM CHAMPIONSHIP

51 medals have been proposed in 4 events & 7 categories
Yogasana Championships

• A Pilot Championship of Traditional Yogasana by the name of “National Individual Yogasana Sports Championship (Virtual Mode) is proposed to be organised in February 2021.

• Districts/ State/ National/ World Championships in Yogasana are proposed in 2021.

• More than 25 state and National Level Yoga/ Yogasana associations/ federations have expressed their willingness to join the initiatives.

• Further consultation with all other stakeholders is being made.
Proposed Promotion & Development Activities

• Development of a patented Electronic Scoring System for the Yogasana Championships in India and globally.

• Courses/Certification of Coaches, Referees, Judges and Director of Competition.

• Coaching camps for players.

• Broadcast friendly packaging of the sport into leagues, shows and competition.
Proposed Promotion & Development Activities

- Yogasana Tournaments for 51 medal opportunities for men and women.

- Yogasana players ranking system on the basis of their performance at state, national and international levels.

- To organize workshops, seminars, conferences and conclaves for the promotion of yogasana as a competitive sport.

- In every state and country there is a goal to develop academies for the sport as specified and operated with the set guidelines and protocols.

- To introduce Yogasana as a Sport discipline in School Games, University games, Khelo India, National Games, SAARC Games, Asian Games, Olympic games, etc. and also creating job opportunities for the athletes.
Proposed Promotion & Development Activities

• To develop a complete athlete management programmes

• To launch yogasana programmes for broadcast and telecast to generate revenue for self reliance

• National Yogasana Players/Coaches/Judges directory will be developd to facilitate the information for all stakeholders and public
Thank You